



City of Lewiston

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Greetings from the City of Lewiston

Each month, this report from the City Administrator's office provides a brief summary and update of major activities, events, projects, and programs that impact the community of Lewiston. Feel free to send your comments and suggestions.

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Items of Interest ...How many days till spring?



Cultivate Happiness & Reduce Stress

Michael Buccigrossi, Dr. P.H.

Research indicates that our best defense against anxiety and tension is the promotion of calming, positive emotions and physiological states. It was with this purpose in mind that I designed the following exercise to reduce stress and cultivate happiness. The elements of the exercise are derived from fundamental principles of the psychological sciences and are designed to synchronize mind and brain to: 1) shut-down the stress response, 2) promote calm, and 3) stimulate positive emotions. The exercise is designed to take under five minutes and to be practiced as often as desired. In fact, repeated practice of this exercise actually trains brain cells to relax and lighten-up. In other words, the more you do it, the better it works.

There is some minor preparation before we start. You should prepare the following three lists before beginning:

- three people who provide you the most emotional support,
- three things you love most about yourself,
- three things that you are most grateful for.

Five-Step, Five-Minute Exercise

Step 1: Relaxed Breathing: Moving into the Here and Now. Take three slow, deep relaxing breaths. Inhale and exhale as slowly and gradually as you are comfortably able. Hold each breath for a count of two before exhaling. It is important to focus your mind on your breathing during this step. This type of breathing will send a “*physiological*” signal to your nervous system to turn off the stress circuit in your brain. By mentally focusing on the breath, you will also turn your attention temporarily away from your concerns and into the moment, connecting your mind and body to the here and now.

Step 2: Cognitive Reappraisal: You Are Physically Safe From Harm. Our brain’s stress response does not distinguish between the threat of physical

chronic life problems we all worry about- - it turns on either way. To turn it off, we have to consciously establish that we are physically safe at this moment. Ask yourself, “are you threatened by physical danger at this moment?” Recognize the ways in which you are safe from harm at this moment (e.g., you are indoors sheltered from the elements, you are surrounded by friends and coworkers, you are part of a community that will respond if you are in distress). We are all a lot safer than we tend to think. This step will promote conscious recognition that you are physically safe and will send a “*cognitive*” signal to turn off the stress circuit in your brain.

Step 3. Love and Belonging: You Are Not Alone.

List three people who provide you the most emotional support. Spend this minute thinking about, and picturing these people. Picture yourself with them. Picture scenes in which they give you support.

Step 4. Self-Esteem: Learn to Love Yourself.

List three things about yourself. Spend this minute picturing yourself in scenes where you are exhibiting these qualities. Let it make you smile.

Step 5. Gratitude. List three things that you are most grateful for in life. For one minute, revel in the thoughts of that which you cherish most. Celebrate those things that, for you, make life most worth living. Call to mind the pictures and memories of these items. These thoughts will release chemicals into your brain that can literally make you feel high.

These steps, practiced in this order, begin with addressing our most fundamental needs and concerns and gradually climb up to a celebration of the things that we love most about life. In this way, this exercise not only relaxes our mind and body, but also promotes an enduring sense of well-being and strengthens the “calming circuits” in our brain.

City Administrator

Edward A. Barrett

Snow, Snow, Everywhere

After a relatively snow-free early winter, January fought back with a blizzard dumping close to 30 inches on us. This was followed by a series of other storms that both increased our snow total and made it difficult for our crews to address problems created by the big storm including narrowing of our arterial streets, blocked sidewalks, and limited visibility at intersections. Efforts were also hampered by a series of water main breaks caused by the prolonged cold spell that diverted a portion of our snow crews to water line repairs. We're working to address the remaining issues that make driving and walking a problem in some areas. It will take us some time to get caught up. In the meantime, I would like to thank all of our residents and visitors for the patience and understanding they have shown.

Five-Year Capital Improvement Program

The City's proposed five-year capital improvement program was presented to the Council in January. The five-year capital plan calls for approximately \$135 million in projects of which \$60.9 million are supported by City resources including our various operating budgets or general obligation or enterprise revenue supported bonds. Some of the major projects planned for the coming year include: repaving and expanding the terminal parking lot at the airport (\$350,000); replacing the radio equipment at LA911 (\$1,025,000); street paving (\$1,005,000) and reconstruction (\$945,000); Riverfront Island Master Plan implementation (\$500,000); vehicle and equipment replacement (\$1,790,300); upgrading the electrical network at Lewiston High School (\$246,300); replacing the roof at Montello Elementary School (\$670,000); and rehabilitating old sanitary sewer lines (\$1,000,000). Details on these and other proposed capital projects can be found in the City's FY16 Lewiston Capital Improvement Plan on the City's website. To find it, follow: [homepage>Finance Department>Financial Reports>Lewiston Capital Improvement Program](#) most recent report.

CITY PAYS OFF COLISEE BONDS

The 2005 Taxable Colisee bonds become callable on April 15, 2015. The outstanding debt as of June 30, 2014 includes principal totaling \$3,720,000 and \$1,236,623 of interest based on the existing 5.15% interest rate. The City Council has approved paying this issue in full on the call date through using the City's unallocated fund balance. This will produce a cash savings of \$1,051,149 and a present value savings of \$2,081,032 given the current interest rate environment. FY2016 debt service requirements will be reduced by \$433,224. The City's fund balance will decrease by \$3.475 million (a \$245,000 principal payment is already programmed in the current budget), leaving the fund balance coverage at 9.32% of prior year's revenues, or \$1,396,901 above the 8% policy floor. This is another step in our efforts to bring down the General Fund's overall debt and will produce long-term savings for our taxpayers. City Finance Director Heather Hunter has done a great job in identifying how to reduce our debt payments, both the debt refinancing we have done in recent years to lower our interest costs and proposing that we pay these bonds off, eliminating interest payments altogether.

Assessing

Joe Grube, Chief Assessor

Tax Preparations

January activity in the Assessing Department involved preparing for the 2015-2016 tax year and completing review work on the properties requesting reconsideration of their 2014-2015 tax assessment.

Weather Postpones Real Estate Review

The inclement weather at the end of the month put an end to the four year review program at least until conditions allow for a complete exterior review of properties.

Permit Activity

Permit activity for the upcoming year included visits to the two new Dollar Stores on Sabattus Street and other larger permits. Review of permits was also curtailed by the weather.

Reimbursements

Processing of BETR applications for personal property tax reimbursements continued into January despite the deadline of December 31, 2014. Maine Revenue Services has extended the deadline for filing for reimbursement (with authorization) until March 1, 2015.



Fire

Chief Paul LeClair

Firefighters Train for Ice-Water Rescue

Pvt. Mark Anderson, a nine-year veteran of the Lewiston Fire Department recently instructed a course in ice-water rescue for Lewiston's firefighters. The day-long course included classroom and hands-on instruction. Pvt. Anderson recently attended the Lifesaving Resources, annual Ice Rescue Train-the-Trainer course (an intensive 3.5 day seminar in Portland, Maine). *Lifesaving Resources* specializes in water rescue academics designed to train emergency workers how to instruct programs at their own department.

The course meets nationally recognized standards for ice-water rescue and is designed to teach firefighters and emergency medical personnel the skills and knowledge necessary to safely rescue a person who has fallen through the ice. Upon successful completion, all participating firefighters receive a certificate which is valid for five years. The Fire Department has applied for a grant with "The Steven and Tabitha King Foundation" to purchase the safety equipment necessary for use at ice-water incidents.



Ice-water rescue gear
LFD is hopeful that the a grant will be approved,
providing funds for additional equipment.



Pvt. Troy Cailler helps Pvt. Bailey Keating
suit-up into the rescue gear



Firefighters pictured to the left and above are
receiving instruction on proper use of equipment
and how to tie various knots, depending on the type
of rescue.

LFD Responds to a Structure Fire

Two fires struck **apartment #2 at 168 Bartlett Street** within a ten-hour period. The first fire was a small electrical fire in an outlet along the kitchen wall. The second fire was a fully-involved bedroom fire. Auburn was called in for mutual aid assistance. Luckily, no injuries were reported; however, the building was deemed a total loss.

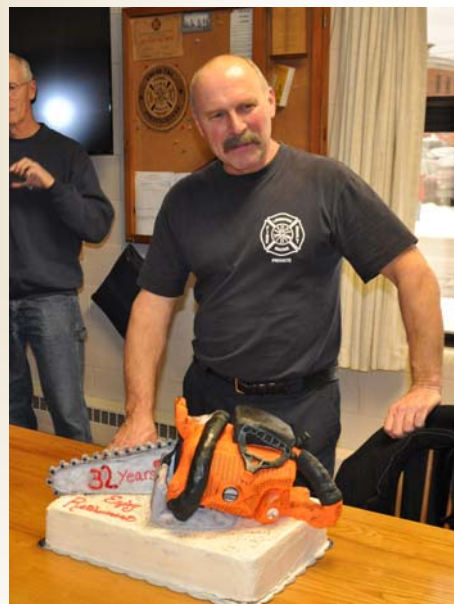
The investigation involved efforts from the Fire, Police, and the State Fire Marshal's office. An arrest was made; the second-floor tenant admitted to starting both fires. *(pictures below)*



LFD Bids Farewell to 60+ Years of Service



Lt. Bradley Dresser retired on January 26th, just shy of 30 years serving as a Lewiston firefighter. He joined the department on July 11, 1985. In August 2003, he received his promotion to Lieutenant and finished his career **"up on the hill" Engine #3**. Lt. Dresser took great pride in serving the community which was reflected in his daily work ethic. LFD wishes Lt. Bradley Dresser the best in his future endeavors. *(pictured left)*



Pvt. Daniel St. Onge joined the ranks of the Lewiston Fire Department on February 26, 1982. Dan's passion during his career as a firefighter were his appointments on the various aerials and ladders. His final years were spent at **Central Station on Ladder #1**. Dan is also known for his woodworking and carpentry skills. On January 21st, Pvt. St. Onge retired surrounded by his family and many of his fellow firefighters (present and past) congratulating him and wishing him the best. *(pictured above right)*

Information Technology

Timothy Earle, Director

During the month, MIS provided application support and assistance, hardware maintenance, printing and graphic work, and the troubleshooting various problems that arose. The City Network ran with 100% up-time in the month of January 2015.



The conversion from our present FinancePLUS financial software to the new Tyler Munis software continues. Vendor lists from both the school-side and the municipal-side were imported,

combined, and prepared for inclusion in the Tyler Munis software. All users have been encouraged to run daily functions in the MunisTEST or MunisTRAIN environment as part of the ongoing training to achieve a GO-Live date of March 1, 2015.



The Payment Card Industry Data Security Standard (PCI DSS) is a proprietary information security standard for organizations that handle branded credit cards from the major cards including Visa, MasterCard, American Express, Discover, and JCB. Private label cards (those without a logo from major card brands) are not included in the scope of the PCI DSS.

The PCI standards are mandated by the card brands and run by the Payment Card Industry Security Standards Council. The standard was created to increase controls around cardholder data to reduce credit card fraud via its exposure. Validation of compliance is performed annually, either by an external Qualified Security Assessor (QSA) that creates a Report on Compliance (ROC) for organizations handling large volumes of transactions, or by (Self-Assessment Questionnaire (SAQ) for companies handling smaller volumes. New compliant levels were mandated as of January 1, 2015. This requires the City of Lewiston to move from PCI DSS 2.0 to PCI DSS 3.0 via SAQ.

As of January 1, 2015, the City parking garages became PCI DSS 3.0 compliant. MIS staff (primarily Moe Pelletier) with assistance from the Security Metrics support team, reviewed and filled out the updated and somewhat lengthy questionnaire, which was successfully passed.

Congratulations!

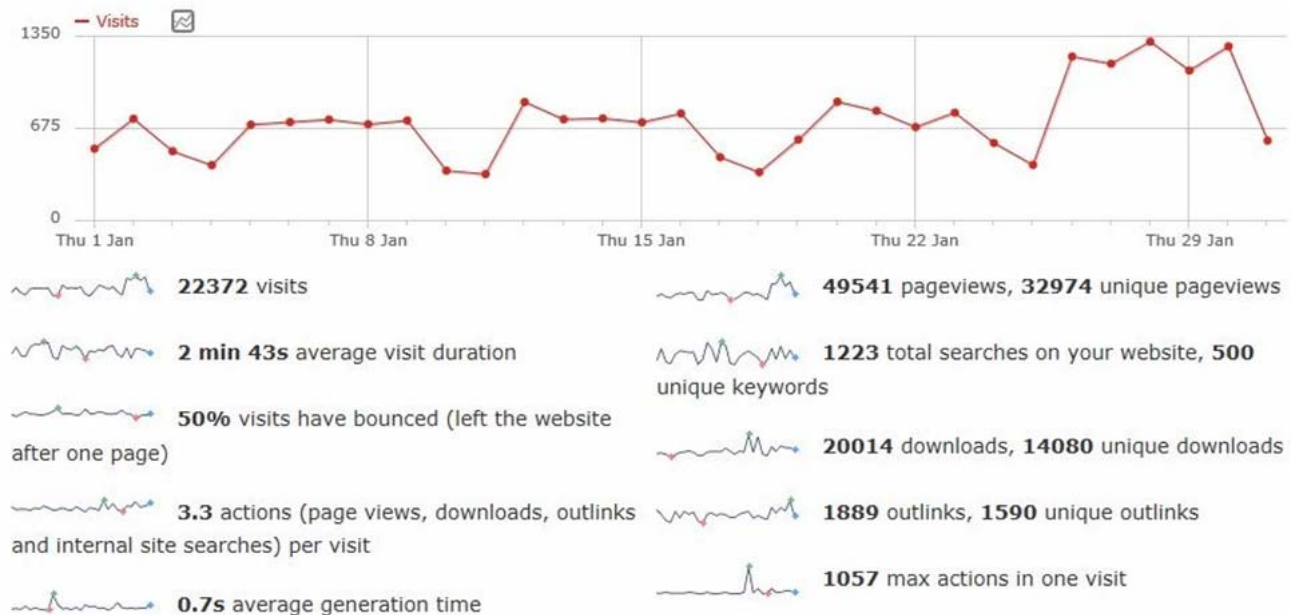
You are currently validated as PCI compliant.

Your next scan runs on 3/21/2015.

Your Self-Assessment Questionnaire expires on 1/14/2016.

In light of all the recent data breaches, the MIS Department has been working diligently to follow and implement all security compliances.

Website Activity Report for www.lewistonmaine.gov for January 2015



Visits: If a visitor comes to your website for the first time or visits a page for more than 30 minutes after his last page view, this will be recorded as a new visit.

Unique Visits: The number of unduplicated visitors coming to your website. Every user is only counted once, even if the website is viewed several times a day.

Actions: The number of actions performed by your visitors. Actions can be page views, internal site searches, downloads, or outlinks.

Actions per Visit: The average number of actions that were performed during the visits.

You'll notice a spike in website activity during the latter part of January when our now famous Blizzard of 2015 and subsequent rounds of snowfall occurred. The "Notify Me" Emergency Alert system worked wonderfully during this time. At the present time, we have 1,167 subscribers who receive text messages, emails, or both.

This month's report was written by Personal Computer Coordinator David Gudas.

Lewiston School Superintendent

Bill Webster

Superintendent's Monthly Report – January 2015 Lewiston Public Schools

Moving Forward on New Elementary School

The School Committee voted 5 to 1 Tuesday night, 2/3, to adopt the recommendation of the Redistricting Committee, Option C, which is *"to combine Longley and Martel in a preK-6th grade school at a site to be determined and with the focus to meet city-wide enrollment needs; and to have the borders of the new district represent a combination of the existing two districts."*

Among the points made in support of this approach are that (1) this option meets the needs of Longley and Martel as well as the entire city in providing sufficient classrooms to reduce class sizes; and (2) the State will fund 100% (before any local options) of the cost, and Lewiston taxpayers will not have to be asked to fund the needed improvements at Longley. It is also unlikely that Lewiston voters would support providing local funds for a Longley renovation.

The Facilities Committee has hired Harriman Associates to assist in the site selection process, and a Site Selection Subcommittee has been established to recommend a new school site this spring. Subcommittee members are

Name	Representing
Tom Shannon, Chair	School Committee and Facilities Committee Chair
Linda Scott	School Committee and Facilities Committee member
Jamal Abdi	Longley School parent
Jeff Baril	Lewiston Code Enforcement Liaison Officer
John Butler	Community member
Kristie Clark	Longley Principal and Facilities Committee member
Bruce Damon	Planning Board and Facilities Committee member
Elizabeth Eames	Community member
Dave Jones	Director, Lewiston Public Works
Stacey Laflamme	Martel School parent
Zam Zam Mohamed	Community member and Longley School representative
Marnie Morneau	Martel School parent
Ronnie Paradis	Community member and Facilities Committee member
Joe Perryman	LPS Facilities Director and Facilities Committee member
Butch Pratt	LPS Transportation Coordinator
Elaine Runyon	LPS Controller and Facilities Committee member
Rob Ulrich	Martel School parent and Lewiston Police officer
Bill Webster	School Superintendent and Facilities Committee member
Steve Whitfield	Martel Principal and Facilities Committee member
OPEN	Longley School parent

Reauthorization of the Elementary and Secondary Education Act (ESEA, formerly NCLB)

The U.S. Congress has not been able to reauthorize ESEA for years, and the nation has been left with most states, including Maine, being granted waivers that replace certain aspects of ESEA for other agreed-to provisions. Annual standardized testing remains a requirement of Maine's waiver, and there has been increased discussion about parents opting students out of such testing. Sen. Lamar Alexander, R-Tenn., the chairman of the Senate Health, Education, Labor, and Pensions Committee, has just released a draft reauthorization bill that some believe may represent a chance of passage and includes two options around the annual, statewide assessment requirement (quoted from the MSSA):

Option A: Give states lots of leeway on how they assess students, a sort of choose-your-own testing-adventure option. States could test only in certain grade spans, use portfolios, combine the results of different formative assessments, try out competency based tests (an idea that New Hampshire wants to move forward on), or use a system of local assessments. States could also go their own way on testing and come up with something completely different. And they would not have to submit any testing ideas for approval to the U.S. Secretary of Education.

Option B: Stick with the assessment language we pretty much already have in current law, where states test in grades 3 through 8 and once in high school.

Proficiency Based Learning (PBL) Update

The Maine Department of Education (DOE) has reviewed and responded to the PBL applications of all school districts in Maine including Lewiston Public Schools. They were very complimentary of our work to-date and identified 9 areas of focus going forward. We have agreed and amended our application accordingly. The DOE letter is posted on our PBL website accessible on the lower right link at www.lewistonpublicschools.org

School Funding Study Completed

The commission charged with recommending changes to the Essential Programs and Services (EPS) funding formula has released its final report, which can be accessed at <http://sparkflashgap.net/EPS%20Commission%20Final%20Report.pdf> At present the recommendations are not yet included in Governor's budget (see below) nor have they yet been reviewed by the full Education Committee.

Governor's Budget (Quotes from the MSSA January Newsletter)

The governor's proposed biennial budget includes an additional \$20 million for public schools, but also reflects rising costs and targets some funding to special initiatives like help for implementing standards-based diplomas and teacher evaluation systems. The rising costs in the K-12 budget include normal retirement costs for teachers, which are going up by \$7.5 million. The biennial budget passed in 2013 shifted those costs, which at the time were all paid by the state, onto school districts. This coming year they are projected at just over \$37 million. The budget also includes the cost of having the state fund 100 percent of charter school tuitions, thereby eliminating the local share. While the cost is not broken out in the budget, it is estimated in the \$5-\$6 million range based on current enrollments. Language to make that change in state law is not included in the budget, but is expected. The budget also creates outside of General Purpose Aid a special fund to encourage consolidation of administrative services. Specifically the budget provides \$5 million each year of the biennium to pay up-front costs for efforts that reduce school administrative costs long term. Districts would have to apply for the funds.

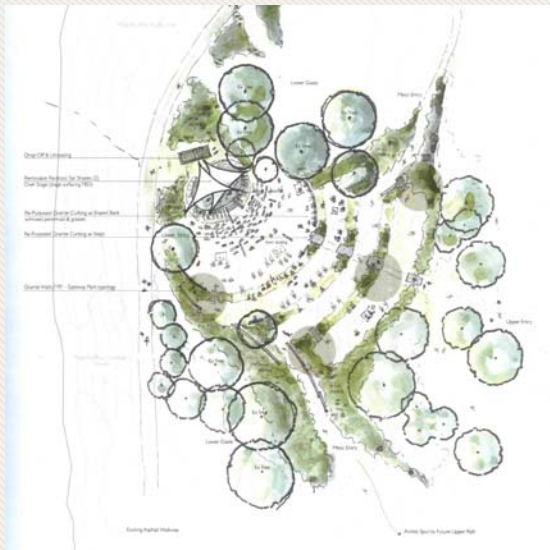
Tweets and Facebook Entries - Follow me on Twitter @LewistonSuper or on Facebook at Lewiston Public Schools Superintendent.

Date	Tweet
1/9/15	Informative video of 1/7 meeting re proposed school is now at http://www.greatfallstv.net/webstream.htm
1/13/15	25 school administrators from Lewiston and Auburn are receiving NIMS (National Incident Management System) training. pic.twitter.com/e8pf9m2H94
1/17/15	LHS students win Maine Scholastic Art Awards! Gold: Wesley Burton, Nicole Footer. Silver: Ciera Belanger. 7 honorable mentions. Congrats!
1/21/15	LMS Principal Shawn Chabot will be LHS principal on 2/9. I thank Linda MacKenzie for her work. She will oversee alt. ed. for rest of year.
1/22/15	Awards at tonight's Chamber Annual Meeting include recognition to retiring Chamber President Chip Morrison and LRTC. pic.twitter.com/CaiPfuy1fC
1/23/15	Harriman will assist on site search for new school. Contact info@harriman.com with site ideas. Contact me if interested in site subcommittee
1/25/15	There are so many great teachers in #meschools. Nominate one by 2/20 for Teacher of the Year using the online form. http://www.educatemaine.org
1/26/15	Redistricting Cmte votes 11-4 to recommend Option C- Combine Longley & Martel at a site to be determined and meet city-wide enrollment needs
1/27/15	"@LHSBlueDevils: Congrats to the Lewiston Competition Cheering Squad - your 2015 Class A Eastern Regional Champions pic.twitter.com/fldBGiMrOg

Gil Arsenault, Director

- ◆ On January 12th, the Board conducted its annual organizational meeting that included an executive session conducted pursuant to 1 M.R.S. § 405(6)(E).
- ◆ The City Council, the Finance Committee and the Planning Board conducted a joint workshop on January 13th regarding the proposed Lewiston Capital Improvement Plan for FY2016.
- ◆ On January 26th, the Board undertook an in-depth review of the proposed Lewiston Capital Improvement Plan for FY2016.

The proposed improvements to Simard-Payne Park involving the creation of water access to the Androscoggin River and an amphitheater have gone out to bid. Designed by Richardson and Associates, the scope of the work involves site and landscape improvements, an amphitheater to be located in the northwest corner of the park and site improvements in the same area to develop access to the river. Final bids are due February 17th for the consideration of the Finance Committee.



Staff is making progress in working with the City of Auburn to develop a joint request-for-proposal for the construction and installation of way-finding signs within each city. The intent of the signs is to assist visitors in finding their way to key locations, including our downtown and riverfront. The signage system was designed by Robert White at ORW Landscape Architects in conjunction with the City of Auburn and Androscoggin Land Trust (ALT). Funding for the design work was paid for from grants that were secured by ALT. Lewiston and Auburn plan to award a bid this spring to have the signs constructed and erected this summer.

- ◆ 32 building permits with a reported value of \$4,420,814 - no new single-family homes were permitted
- ◆ 6 plumbing permits
- ◆ 20 electrical permits

The highest reported dollar value building permits were as follows: construction of foundations at 55 and 65 Campus Avenue (Bates College) in the amount of \$3,200,400; and renovations at 134 College Street (New Beginnings) in the amount of \$982,000.

- ◆ 20 building permits with a reported value of \$250,429 - no new single-family homes were permitted
- ◆ 7 plumbing permits
- ◆ 20 electrical permits

Code Amendments

- ◇ On January 6th, the City Council approved an amendment to the Zoning and Land Use Code to allow light industrial uses limited to food and/or beverage facilities with restrictions as a permitted use in Centreville District. This change was the result of a petition to amend the Code to allow a microbrewery to locate on Lisbon Street.
- ◇ On January 20th, the City Council made amendments to the solid waste provisions that reduced the initial penalty for curb-side solid waste violations from \$210 to \$100. A second violation within six months of a first violation would be reduced from \$420 to \$210; however, third and subsequent violations would remain at \$420. The time period for the imposition of higher penalty amounts for repeat violations was reduced from two years to six months.

Enforcement Action

Staff condemned four residential structures via the International Property Maintenance Code, and issued five solid waste civil penalties.

(photos of condemned properties from Tom Maynard, Code Enforcement Officer)



211 Stetson Road - condemned (flooded basement)



166 Bartlett Street - condemned (site of a fire)



612 Sabattus Street – condemned (vacant)



26 Farwell Street - condemned (vacant)

Police

Mike Bussiere, Chief

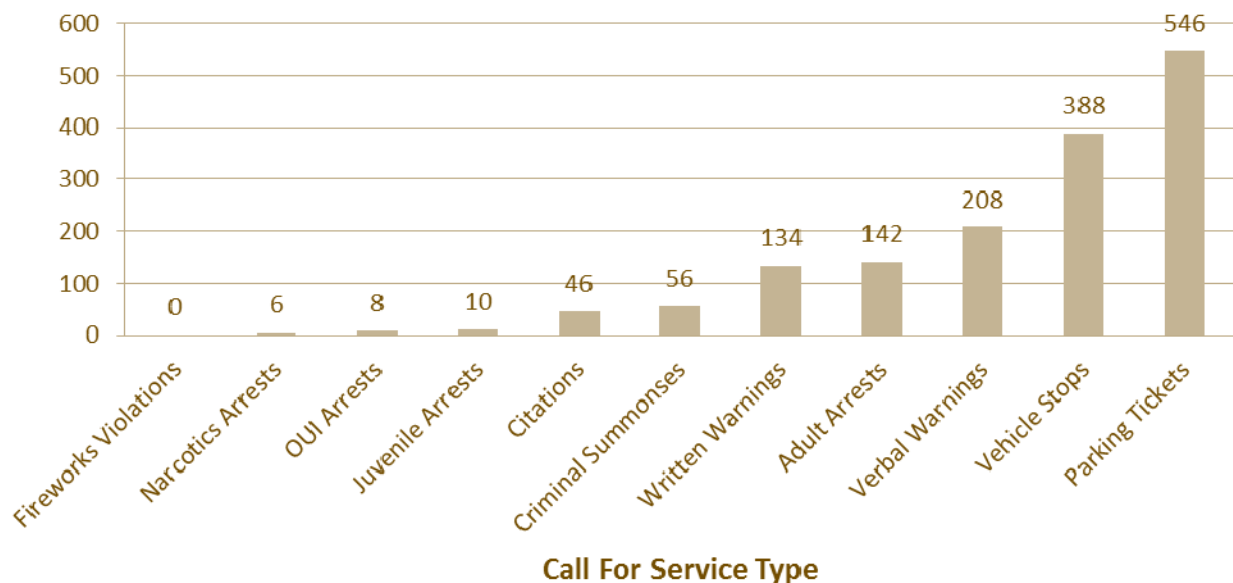
Statistics for *January*

In the month of January, police responded to a total of 2,722 Calls for Service (CFS);
summary below:

Calls For Service	1/2015
Total CFS	2,722
Vehicle Stops	388
Citations	46
Written Warnings	134
Verbal Warnings	208
Adult Arrests	142
Juvenile Arrests	10
Criminal Summonses	56
Narcotics Arrests	6
OUI Arrests	8
Parking Tickets	546
Fireworks Violations	0



January 2015



Community Events

Hockey

Various sworn personnel played ice hockey during the Police and Fire Goodwill Games tournament.

Special Olympics

Detectives Brochu, D. Murphy, Officers Griffin and C. Johnson attended the Special Olympics awarding medals to the athletes. The event was held at Sugarloaf USA.

Liquor Laws

Officers C. Johnson and Philippon instructed Liquor Laws at Lewiston High School.

The Circle Project

Sergeant Bradeen, Detective Godbout, and Student Resource Officers C. Jacques, C. Johnson, and Lacombe met with personnel from the Root Cellar and Juvenile Corrections Officers regarding a new, juvenile restorative justice program, "The Circle Project," which will support Operation Hot Spots initiatives.

New Mainer Support Group



Officer Philippon is pictured above with new Mainers.

Training

- Corporal Dumond is the Field Training Officer for one of LPD's new cadets.
- Officer Griffin instructed a day-long taser training course at the Lewiston Police Dept; Corporal Dumond and Officer D. Jacques completed the training.

Recruitment

- Officer Philippon represented Lewiston PD at Job Fairs hosted by Lewiston and Portland CareerCenters.
- Sergeant St. Laurent and Officer Philippon taught Community Relations during Phase II of the Maine Criminal Justice Academy's (MCJA) 100-hour course.

Public Works

David Jones, Director

DIRECTOR'S COMMENTS

In the months leading to and including December, we had a total of ~ 20 inches of snow. In January, we had 45 inches with more than 38 inches in the last week of the month. Total snowfall through the end of January was ~65 inches and the activity is continuing into February with another 13 inches through February 5th. It certainly has been a challenge for everyone to keep up with this onslaught.

Below is some of the specific work done in the month of December:

Street/Road & Sidewalk Improvement Projects

Crews completed the following work:

- ◆ Responded to 5 plowable storms and 3 additional salt/sand events during the month;
- ◆ Snow removal at numerous trouble spots around the city (night-time snow removal began February 2);
- ◆ Responded to ice conditions at 17 locations;
- ◆ Performed tree pruning/removal at 7 locations;
- ◆ Replaced traffic signs at 11 locations;
- ◆ Repaired guard rails at 3 locations;
- ◆ Removed chain link fence at the former Pettingill School site;
- ◆ Removed Christmas decorations and chipped disposed of Christmas trees.
- ◆ Main Street Route 202/11/100 Highway Improvements (Memorial Avenue to Stetson Road (0.57 mile) with replacement of Stetson Bridge. Work will resume next spring which will include the replacement of the Stetson Road bridge.
- ◆ Lewiston Interchange Project. MTA bridge and mainline improvements to the project to CPM Constructors continued;
- ◆ Bartlett Street Improvements (East Avenue to Sabattus Street). Awaiting MDOT/FHWA approval to begin project design.

Contracted projects - status update:

- ◆ City Paving Contract. Done until spring.
- ◆ Lisbon Street Rehab. Two public meetings were held; met with the Bike/Ped Committee and briefed the City Council on the project (Chestnut to Main Street). A City Council Resolve is expected, approving aesthetic improvements and realigning funding to finance the project.





Water, Sewer, and Stormwater

Construction projects and studies-update:

- ◇ Clean Water Act Master Plan (CWAMP). Met with DEP staff regarding the draft scope of this project. DEP staff agreed with the approach - both Lewiston and Auburn proposed to continue addressing the cities responsibilities under the Clean Water Act for Combined Sewer Overflows (CSOs). The end of our 15-year program is 2015; continuing our efforts was proposed;
- ◇ National Water Main Cleaning Company. Shut down for the winter and will be continuing the inspection of the sewer mains and manholes in the spring. This contract includes approximately 400,000 LF of closed-circuit television (CCTV) inspection of the city's sewer mains and connecting manholes;
- ◇ Cure-in-Place Sewer Lining. Bids were received to line about 12,000' of sewer in 2015 with the apparent low bidder being Insituform Technologies, Inc. in the amount of \$1,194,210. Award of the contract is expected to be made in February;
- ◇ Design work is under way for a replacement of the River Road Sewer Pump Station #1. This project will be a full replacement, including the wet well, to triple the capacity of the station to handle current and future development in this industrial area;
- ◇ The minor clean-up work on the Jepson Brook Phase 5 of the CSO Sewer/Storm Water Project (7 streets on the south side of Sabattus Street in the Garcelon Bog area)

by Longchamps & Sons will be completed in the spring;

- ◇ St. Laurent & Son will complete minor clean up of Leavitt Avenue water and sewer separation in the spring;
- ◇ A study of Jepson Brook began to evaluate the capacity of the drainage channel and pipes, identify improvements necessary and forecast future needs in in progress by CDM Smith consultants. We are also discussing with MDOT the design prepared for the culvert lining that goes under Main Street, which appears to be a restriction to full flow;
- ◇ Strawberry Avenue waterline and rehab. This project was substantially completed with only surface paving and minor punchlist items remaining to be done in the spring.

Crews performed the following work:

- ◇ Responded to and repaired six water main breaks;
- ◇ Responded to 29 E-GOVs (3 remain outstanding) and 32 Dig Safe requests;
- ◇ Responded to 8 sewer back-ups (5 of them were private issues);
- ◇ Continued to monitor 750+ fire hydrants and removed snow around them;
- ◇ Continued to progress on the water valve program and the sewer flushing program;
- ◇ Continued daily readings of water meters and replaced 95 of them; 60 meters were tested indicating they had less flow than what was actually occurring;
- ◇ Responded to 10 frozen water services with most frozen on the homeowner's side (only known after you unthaw it).

Solid Waste Division

- Modifications were made to the Solid Waste Facility's scale management system, enabling Casella to process their own scale tickets and reports on inbound and outbound recyclable waste material;
- The Solid Waste Facility was closed on 3 separate occasions due to significant snow events and for snow removal operations. This included January 27, half a day on January 28, and Saturday, January 31;
- Staff attended continuing education training to maintain certification in municipal waste collection services;
- Comparing the past four months (October 2014—January 2015) with the previous year (October 2013—January 2014), the average monthly tons of single stream recyclable waste dropped from 91 to 90 tons. The average tons of residential garbage sent to MMWAC for disposal during the same time frame increased from 848 to 866 tons per month. This is a recycling rate of less than 10% while the state goal is 50%.

Building Maintenance Division

- In addition to their regular duties, Building Maintenance personnel were busy enclosing an area at solid waste to provide a heated space to deal with refrigerated appliances (removal of Freon).



Rec Services Division

Activities & Meetings at the Armory

Lewiston Senior Citizens:

- ◆ Board and Membership meetings
- ◆ Various weekly card games as well as Bingo, Cribbage, Pinochle and Bridge throughout the month;

Veteran-related meetings:

- ◆ America Legion Post 22
- ◆ Franco-American War Veterans
- ◆ Auxiliary Post 31
- ◆ Disabled American Veterans
- ◆ Association Canado-Americaine Chapter Dr. Paul Fortier
- ◆ L/A Veterans
- ◆ Post 9150
- ◆ Post 210

Political meetings:

- ◆ Lewiston G.O.P.
- ◆ Lewiston Democrats
- ◆ Lewiston Republicans

Basketball:

- ◆ Central Maine Christian Academy practices
- ◆ St. Dominic's Academy practices
- ◆ Lewiston Rec Department grade school practices
- ◆ Co-ed Kinder basketball games

Other:

- ◆ Lewiston Middle School Alternative Education Class
- ◆ YMCA Gymnastics
- ◆ Lewiston Area Youth Cheering League practices

Programs:

- ◆ Staff was busy this month with Kinder basketball (an instructional 6-week program for 4-6 year olds), Co-ed basketball and grade-school basketball. All teams are now practicing and holding weekly games. Girls travel basketball teams (grades 5-6 and 7-8) continue with practices and games being held at the Armory.
- ◆ Volleyball teams are continuing their regular league play (men's, women's, co-ed, A, B1, and B2)

Armory Events:

- ◆ The L/A CA\$H Coalition began training volunteers to be ready for the tax preparation season. Many residents have scheduled appointments.

Upcoming Events:

- ◆ The L/A CA\$H Coalition is holding its annual "Super Saturday" on February 7th
- ◆ The International Snowshoe Championships will be held February 7 at Lewiston High School
- ◆ The Rec Division's 5-6 grade girls travel basketball team will host a tournament at the Armory on Sunday, February 8th

Noteworthy:

Jason Hanken was offered and accepted the Recreation Programs Coordinator position. We welcome him and look forward to working with him.



**RECREATION FUNDRAISER INFORMATION
ON PAGE 20**

RECREATION FUNDRAISER

Ticket Book Fundraiser

PORTLAND
Sea Dogs™



4

**General Admission Tickets
For Only \$20
(a \$12 Discount)**

Good for any 2015 regular season home game (excluding July 3
and 2015 Eastern League All-Star Game)

Buy Portland Sea Dogs tickets at a discounted rate and help raise
money for a good cause in your community.

Get your Tickets TODAY!!

→ **Contact Cheryl at the Armory**
if you want to assist with selling tickets
513-3005



SEADOGS.com

207-874-9300

Wellness Information & Updates



2015 SnowShoe RAFFLE

Your Wellness Team is proud to present to you

2015 Showshoe drawing!!!

Your Wellness Team will be drawing two(2) pairs of snowshoes! On Friday, January 16th, two lucky individuals: one guy and one gal will win a pair of really great Tubbs snowshoes.

(See pictures of snowshoes, safety tips, places to go, and snowshoeing facts on the next few pages)

These are nice lightweight ergonomic snowshoes with an easy to use binding system and heel lift bar for ascending those hills.

In order to be in this drawing, please contact Jim Ward to put your name in the hat.

ext. 3424, or jward@lewistonmaine.gov



SNOWSHOE RAFFLE WINNERS:

90 employees signed up, and the winners were...Tammy Bureau & Brian Beauparlant

WEIGH-IN PARTICIPATION WINNERS:

Ken Priest, Craig Starr, Norm Beauparlant, & Sue Charron

WEIGH-IN TEAM STATS:

Team Parker with a total of **57** pounds lost

Team Small with a total of **39** pounds lost!



2015 Weight Loss TEAM Challenge!

Team Small vs Team Parker

- Complete the initial weigh-in on January 22nd and the final weigh-in on April 2nd.
- Join Heather every other week to track your weight loss progress.
- Winning Team will be based on percentage of combined weight loss. Once all participants have signed up, two teams will be created so that both teams will have an equal chance to win the Challenge.
- All members of the winning team will win! Stay tuned for Team member prizes! And as always, there will be participation prizes raffled after each weigh-in!
- To participate in this first ever Team Challenge, please e-mail Peter Parker by Tuesday, January 20th (pparker@lewistonmaine.gov).

Lewiston City Hall

HCE Office (3rd floor) with Heather Small

Dates: January 22 (Thursday, 9:00am to 10:00am, mandatory)

February 5 (Thursday, 9:00am to 10:00am)

February 19 (Thursday, 9:00am to 10:00am)

March 5 (Thursday, 9:00am to 10:00am)

March 19 (Thursday, 9:00am to 10:00am)

April 2 (Thursday, 9:00am to 10:00am, mandatory)



Shedding Pounds



Losing Weight the Healthy Way

Tired of dieting over and over without getting long-lasting results?

Then you will want to come to this class!

We will discuss the best way to approach weight loss, identify how to set realistic goals, and begin to create a personalized program to help you achieve and maintain a healthy weight!

Join Us:

Date: Friday, January 23, 2015

Time: 12:30 p.m. to 1:00 p.m.

Place: 3rd Floor Conference Room

Sign up with: Heather Hunter

By: Thursday, January 22, 2015

Wellness Works • 1-800-852-8300 • www.mmeht.org